



Camden Community Center

3369 Union Ave., San José 95124

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Supervisor: Gerard Manuel

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Bus Lines: 62 and 37

Types of Programs: Adult drop-in sports, adapted sports, fee classes, gym/fitness, rentals, and senior, swim and youth programs.

DANCE

Ballet Tap

\$49

Beginning lessons for ballet/tap. Students must wear hard soled shoes and loose clothing or leotard. Parents are allowed to stay for the first 10 minutes of the first class day and for the class recital (date to be announced by instructor). Participants must be toilet trained. **Location:** Dance Arts Academy (DAA), 5725 Winfield Blvd.

No Class 11/26

Instructor: Doriano

Course#	Day	Date	Time	Age	Mtg.	Loc.
382.2.202	W	10/6-11/24	9-9:55am	3-5	8	DAA
382.2.203	W	10/6-11/24	11-11:55am	3-5	8	DAA
382.2.204	F	10/8-12/3	1-1:55pm	3-5	8	DAA

Come Sing and Hip Hop

\$49

Students will learn dance movements and basic Hip-Hop moves. Kids will dance to age appropriate music from Aaron Carter and Britney. Parents are allowed to stay for the first 10 minutes of the first class day and for the class recital (date to be announced by instructor). Participants must be toilet trained. **Location:** Dance Arts Academy, 5725 Winfield Blvd.

No Class 11/26

Instructor: Doriano

Course#	Day	Date	Time	Age	Mtg.	Loc.
382.2.201	F	10/8-12/3	12-12:55pm	3-5	8	DAA

SPORTS & FITNESS

Fit-4-Kids

\$70

Fit-4-kids is a comprehensive wellness program for overweight children or children "at risk" ages 6-14 and their parents. Come join us for an exercise program that emphasizes fun, cooperation and growth of self-esteem. In addition FIT-4-KIDS offers educational lectures and materials advising parents on successful and lasting lifestyle changes for their children and/or the whole family.

No Class 11/11, 11/25

Instructor: Back in Form

Course#	Day	Date	Time	Age	Mtg.	Loc.
382.2.514	T/Th	10/5-10/28	4:30-5:30pm	6-14	8	CM
382.2.515	T/Th	11/2-12/2	4:30-5:30pm	6-14	8	CM

Kindergym

\$49

Designed to teach basic gymnastic skills including movement exploration, balance and coordination. Parents are allowed to stay for the first 10 minutes of the first class day and for the class recital (date to be announced by instructor). Participants must be toilet trained. **Location:** Dance Arts Academy (DAA), 5725 Winfield Blvd.

No Class 11/26

Instructor: Doriano

Course#	Day	Date	Time	Age	Mtg.	Loc.
382.2.501	W	10/6-11/24	10-10:55am	3-5	8	DAA
382.2.502	F	10/8-12/3	10-10:55am	3-5	8	DAA

Kidz Love Soccer

\$60

Now celebrating their 25th anniversary, Kidz Love Soccer introduced the game of soccer to over 500,000 children since 1979! Kids 3.5- 12 years of age learn the world's most popular sport from professional coaches licensed in the Kidz Love Soccer method; a session experience includes age appropriate activities: skill demonstrations, fun games and instructional scrimmages conducted in a noncompetitive, recreational format.

Tot Soccer(3.5-4 yrs.): Young children will develop large motor skills while having fun running and kicking just like the big kids! Shin guards are required by the second meeting.

Pre-Soccer (4-5 yrs.): Children will learn the basic techniques of soccer while building self-esteem and learning to follow instructions in a nurturing, teaching environment. Shin guards are required by the second meeting.

Soccer 1 (5-6 yrs.): Beginning players learn dribbling, passing, receiving, shooting, age specific defense, etc. Fun skill games are played at every session and every participant will have a ball at his or her feet. Small sided soccer matches will be introduced gradually. Shin guards are required by the second meeting.

Soccer 2 (7-8 yrs) and Soccer 3 (9-12 yrs): Play the exciting game of Soccer! Explore the real sport, yet still in an instructional and nurturing environment. Be challenged by real soccer situation, venture into the fun tactical side of scrimmaging. Player 7-12 years will enjoy age appropriate soccer matches and be guided through the possibilities by a KLA youth specialist. Attack and Scoring goals! Place and Possession! Defense and Transition! Themes such as these and continued skill building will be explored fully on the soccer field by young soccer aficionados. Kidz Love Soccer...where the score is always Fun to Fun! **Rainout Hotline:** 1-800-399-8111.

No Class 11/24, 11/27

Instructor: Kidz Love Soccer

Course#	Day	Date	Time	Age	Mtg.	Loc.
382.2.504	W	10/6-12/1	4:50-5:20pm	3.5-4	8	DA
382.2.505	Sa	10/2-11/20	9-9:30am	3.5-4	8	LH
382.2.506	W	10/6-12/1	2:45-3:20pm	4-4.5	8	DA
382.2.507	Sa	10/2-11/20	9:30-10:05am	4-4.5	8	LH
382.2.508	W	10/6-12/1	3:20-4:05pm	5-6	8	DA
382.2.509	Sa	10/2-11/20	10:05-10:50am	5-6	8	LH
382.2.510	W	10/6-12/1	4:05-4:50pm	7-8	8	DA
382.2.511	Sa	10/2-11/20	10:50-11:35am	7-8	8	LH
382.2.512	W	10/6-12/1	4:05-5:05pm	9-12	8	DA
382.2.513	Sa	10/2-11/20	10:50-11:50am	9-12	8	LH

**Parent Tot Gym Fun****\$49**

Class will consist of stretching, basic tumbling skills, games and songs. This class allows the child to interact with his/her age group with the parent in attendance. Parent must participate. No other children allowed in classroom except participants. Wear loose fitting, comfortable clothing. **Location:** Dance Arts Academy (DAA), 5725 Winfield Blvd.

*No Class 11/26**Instructor: Doriano*

Course#	Day	Date	Time	Age	Mtg.	Loc.
382.2.503	F	10/8-12/3	11-11:55am	2-3	8	DAA

Winter Warriors**\$78**

Join Kidz Love Soccer for eight Saturdays of "Muddy Fun" as boys and girls will play along side their favorite teammates in a format of 6 v 6 play. This format provides players multiple touches on the ball, lots of running and super soccer action! Each team will have up to a maximum of nine players. Participants may request to play with specific friends, or they can sign up individually and be placed on a team. Players will receive tactical and technical instruction from a Kidz Love Soccer coach, who also officiates the game. In addition all players will receive a Winter Warriors t-shirt in their team's color. **Rainout Hotline:** 1-800-399-8111.

Location: De Anza Park (DA).*No Class 12/25, 1/1**Instructor: Kids Love Soccer*

Course#	Day	Date	Time	Age	Mtg.	Loc.
382.2.516	Sat.	12/4-2/5	9-9:45am	5-6	8	DA
382.2.517	Sat.	12/4-2/5	10-10:45am	7-8	8	DA
382.2.518	Sat.	12/4-2/5	11am-12pm	9-12	8	DA

Senior Fitness Club**\$15 Monthly/\$100 Yearly**

An important part of maintaining health in the second half of life is participation in a fitness program. The Fitness Room at Camden has designated hours for "Seniors only" (ages 50+) with physician approval. Every Monday, an instructor will be available to assist you in nutrition and proper use of equipment. Improvement in balance, bone density, cardiovascular endurance, flexibility, muscle strength, range of motion, and reduction of body fat can become a reality. Feel and see results as you improve the quality of your life. What are you waiting for! To join, simply purchase a monthly gym pass for \$15 or a yearly pass for \$100 and have your doctor fill out our physician approval form.

Instructor: Janet Lee

Camden Community Center is undergoing some exciting changes. The Camden renovation has begun and construction crews and trucks will be at our facility. The center is open during construction, but there are a few things we would like to point out:

Classes/Programs may be cancelled due to construction precautions. We may experience interruption in power or water services which will affect access to the facility and availability of classes/programs. The center will try to maintain a 48 hour notice before shut downs occur. Please be careful of construction workers and staff while you enter the lot. Also, please be aware of construction trucks and rigs that will be here during renovation.

In case of a construction emergency, please be prepared to evacuate premises. Center staff will assist in the evacuation procedure.

**Senior Stretching****\$34**

As we get older, our joints get stiffer and muscles get tighter. One of the easiest and most effective ways to maintain flexibility and prevent injury is to stretch. Learn strengthening exercises for abdominal and back muscles. This safe and effective class can be enjoyed by seniors of all fitness levels. Instructor: Janet Lee, a registered physical therapist, will assist you in achieving this goal. Wear loose fitting, comfortable clothing and bring a large bath towel. Class minimum of 8 will be needed for class to operate.

*No Class 11/11, 11/25**Instructor: Lee*

Course#	Day	Date	Time	Age	Mtg.	Loc.
382.2.707	T/Th	10/5-10/28	8-9am	50+	8	CM
382.2.708	T/Th	11/2-12/2	8-9am	50+	8	CM

Stability Ball Exercise**\$20**

Are you bored with your current exercise program? If so, try our new stability ball exercise class! A stability ball is a vinyl ball and comes in three sizes (up to 64 cm in diameter). The stability ball is a versatile exercise tool. A certified instructor will show you how to safely exercise with a stability ball to maximize your health. The benefits of this new and exciting class are your core muscles work harder; the ball recruits more muscle for action- you'll build muscles you never knew you had and the ball does wonders for your ab and lower back workouts! Any exercise becomes more interesting when you try it on a ball. Get on a ball!

Instructor: Dishno

Course#	Day	Date	Time	Age	Mtg.	Loc.
382.2.709	W	10/6-10/27	7:30-8:15pm	18+	4	CM
382.2.710	W	11/3-11/24	7:30-8:15pm	18+	4	CM

AQUATICS PROGRAMS

For information on Aquatics programs at Camden see page 38.

Camden Community Center continues on the next page



Camden Fitness Room

- Open to ages 14 and up. A responsible adult must accompany youth 14 years of age for the entire duration of use.
- Receipt or Fitness Pass must be presented to fitness attendant on each visit.
- Shirts are required and sports shoes are mandatory for your safety.
- Please bring your own towel to wipe perspiration from equipment after use.
- Locker rooms include showers, restrooms, and day use lockers for your convenience.
- We reserve the right to refuse entry.

Prices:

One Time Drop-in:

Adults - \$3.00 • Senior/Youth/Disabled - \$2.00

Passes:

Adults - \$20/ month or \$125/ year

Senior/Youth/Disabled - \$15/month or \$100/year

Hours:

M/W/F: 10am-1pm • 5-8:45pm

Tuesday & Thursday: 8:15am-1pm

Saturday: 9am-12pm

Sr. Fitness Club:

Monday, Wednesday, Friday: 8:15-10am



SAN JOSE AFTER SCHOOL

Camden Area

San José After School is a partnership by the City of San José, with school districts, community-based organizations, teachers and parents to provide safe, fun and enriching activities for youth after school.

After school programs promote healthy youth development and student learning. This includes homework centers and tutoring, recreation, arts, and enrichment activities, and technology centers. Youth will enjoy safe, fun, and enriching activities at sites located throughout San José.

There are wonderful after school programs in your area. For more information about schools, libraries, and centers offering afterschool programs, please contact 408-277-5748.

Types of Programs

Level 1: Homework Assistance. Level one sites offer after school homework help at many locations in San José.

Level 2: Safe and Accessible After School Programs. Level two sites offer integrated recreation and literacy and math enrichment programs.

Level 3: Integrated and Comprehensive Approach After School Programs. Level three sites integrate literacy, leadership, education, nutrition, cultural arts and recreation activities.

Sites	Level	Time
Ida Price Middle School	Level 1	*
Fammatre Elementary School	Level 2	2:30-5pm

* Homework Assistance offered at individual sites immediately following the end of the school day (approximately 2:30-3:30pm).

The Camden Youth Center Programs are going strong!

During the Camden renovation, the center has been temporarily relocated to Houge Park (Twilight and Woodard).

The Camden Teen Center phone number is 377-5220.

Programs planned for the Fall include: Rock Climbing, Paintballing, School Dances, Youth Fitness and more! For more info, see page 87 or call 559-8553 or 377-5220

Our Mission: To support the livability of neighborhoods, offer opportunities for individuals to enjoy life, and strengthen communities of people.